

Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of subjects who had been exposed to different levels of physical activity during their working lives. The subjects were divided into three groups based on their level of physical activity during their working lives: low, medium, and high. The results showed that the prevalence of low back pain was significantly higher in the group with high physical activity compared to the group with low physical activity. This suggests that physical activity may be a protective factor against low back pain.

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